

WHERE'S THE LINE

Where's the Line? (Tool Box Activity for Substance Abuse Module)

Give each person in the group a piece of masking tape about 15" long.

Ask person to put the tape on the floor somewhere in front of them. Don't give any other instructions or suggestions as to where to put the tape.

Once everyone has placed their tape, proceed as follows:

Lots of people use drugs and alcohol, and some use without any serious consequences. Others have some problems but manage to keep from totally wrecking their lives.

Others, however, use and increase their use, until they cross that invisible line, into addiction.

How do you know where that line is for you?

You can ask specific people about their line: *Tom, your line is way out in front of you. Do you think it would take you a long time to cross the line into addiction? Mary, your line is a short distance away...what would it mean if this actually represented where the line is for you?*

Try to generate discussion about this; the point to make is that no one knows where the line will be for them, and by using, they risk crossing the line into addiction.

You can then generate a discussion about what they think addiction is like & how it impacts the life of the addicted person, as well as the people who care about him or her.

You can close with something like: *We all need to remember that when use drugs or alcohol we risk crossing that line before we even realize we're at risk for doing so. The best way to insure we never have to worry about crossing the line is to avoid the use of drugs and alcohol.*